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**Troy Tulowitzki
throws his bat after
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out in Toronto on
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THE CANADIAN PRESS



Getting front and Centre Plan

DESIGN

**Some like urban
structure idea, but
say they'll believe it
when they see it**

**Jennifer
Taplin**
For Metro | Halifax

It sounds good, but some residents are worried the Centre Plan won't have any teeth.

HRM held a public meeting at Citadel High School Wednesday night to release a major part of the Centre Plan.

The urban structure plan focuses on the design of buildings, streets and public spaces. The complete plan will be released next week.

Some of the major design concepts are compact, walkable downtowns, protecting the character of residential areas, pedestrians coming first, and designing areas with humans in mind, not cars.

Planners identified five centres to grow into "complete communities": Gottingen, Quinpool, Spring Garden, Wyse and Young.

They also identified several growth nodes which could accommodate significant growth: Joseph Howe, Mic Mac Mall, Mumford, Highfield Park, Graham's

Grove and Shannon Park.

Colin Stuttard is of the opinion he'll believe it when he sees it.

"We've gone through this process so many times," he said. "As soon as it's down on paper along comes a developer and says my property needs a building twice as high so you need to give me a waiver and on it went."

He likes the ideas, but Stuttard said there is no point in adopting them if they're not going to stick.

Beverly Miller said she feels the same but has hope a new council will enforce it.

Lindell Smith, freshly elected to District 8, said he expects the new council will stand against rules being broken just to make something happen.

"I feel very confident to say we're going to see a shift in how we do our business with our new council," he said.



**I feel very confident
to say we're going
to see a shift.**

Lindell Smith

Jacob Ritchie, urban design program manager, said he's heard from people who have lost faith that the plan will be a strong blueprint for the regional centre, which includes the Halifax Peninsula

and Dartmouth inside the Circumferential Highway.

"We're working really hard to make sure people see our commitment to the project, senior staff and council's commitment so they know when we put our hearts and soul into this project, it's not going to be violated at the first opportunity," he said.



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Metro is the most-read Halifax newspaper, according to media organization Vividata. JEFF HARPER/METRO

Halifax's most-read newspaper

READERSHIP SURVEY

Metro moves ahead of the Chronicle Herald for the first time



Yvette d'Entremont
Metro | Halifax

Metro Halifax is now the most-read newspaper in the city. Survey results released on

Wednesday show for the first time in its eight-year history, Metro Halifax has surpassed the Chronicle-Herald in readership numbers.

Vividata, the media industry organization that measures print and digital audiences in Canada, released its latest quarterly readership results based on surveys from July 2015 to June 2016.

Metro Halifax has 110,000 weekday print readers compared to the Chronicle-Herald's 107,000 readers. Metro's numbers were up 15 per cent in the local market-

place, while the Herald experienced a growth of six per cent.

"The plan for Metro is to continue to be a local voice," said Sandy MacLeod, chief operating officer for print for the Star Media Group.

"Local people, local faces, local events. To be real to the city that we're in."

Across the country, Metro has 1.68 million daily print readers. It is the No. 3 most-read print paper in Vancouver, Calgary and Edmonton; the No. 2 paper in Ottawa, Winnipeg and Toronto and

110K

Number of daily Metro Halifax readers.

is now the No. 1 paper in Halifax.

Cathrin Bradbury, Metro's vice-president and editor-in-chief, said Metro is well placed to be the voice of Canada's urban centres.

"Metro is in the right place

at the right time: we're young, we're local, we're people-driven, we're optimistic," she said. "We're a paper that tackles issues that people in cities care about, and looks for solutions."

Metro Halifax managing editor Phil Croucher said he's thrilled with the survey results.

He pointed to his paper's coverage of city hall and its in-depth coverage of topical issues, notably the week-long 'Faces of Mental Health' series that ran this past May.

"This has been a goal of Metro

Halifax since we started in 2008 and we are very proud of these numbers," Croucher said.

"We have always been a newspaper for the people of Halifax, and we want to thank readers who are so supportive of our product."

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Students line up at lunchtime in the Dalhousie University quad to get free noodles. JEFF HARPER/METRO

PROPOSAL

ID going gender neutral

People who don't feel they fit into a gender box when it comes to government ID might soon have another option.

The NDP brought forward legislation Wednesday to eliminate gender markers altogether on health cards and give the option of marking an X instead of M or F on driver's licences.

A release from the NDP says a photo, plus eye colour, height and other information is enough to confirm someone's identity.

The Nova Scotia Rainbow Action Project and the Youth Project applauded the proposed new rules.

"There are many people who do not fit within the male/female binary," said Kate Shewan, executive director of the Youth Project in a release. "Forcing these people to carry identity documents with a gender marker that doesn't represent who they are is not appropriate and has the potential to lead to exclusion, harassment or even violence."

Aine Morse, co-chair of the Nova Scotia Rainbow Action Project, said research shows when people see themselves authentically represented on their ID, there are improved health outcomes including decreased risk of suicide and suicidal thoughts. She calls the legislation a vital next step toward gender-inclusive systems in Nova Scotia.

"Information about a person's gender identity is unnecessary for the purposes of certifying they can drive a car, are eligible for health insurance, or to prove their age," said NDP Leader Gary Burrill. JENNIFER TAPLIN/FOR METRO

Boiling mad over debts

TUITION

Students using their noodle to highlight cost of university life



Yvette d'Entremont
Metro | Halifax

University students lined up under grey, rainy skies Wednesday afternoon to grab containers of free, instant hot noodles. Stereotypical staples in a

student's diet, the Noodles at Noon initiative was put on by the student unions at Dalhousie University and University of King's College.

The event was intended to draw attention to student debt and the fact students often go hungry because grocery budgets often significantly shrink or disappear once they've paid tuition and books.

"It's kind of a play on students who are riddled with debt who have to pay these enormous fees, whether it's housing, whether it's textbooks, whether it's tuition it-

self," said Dalhousie University Student Union (DSU) representative Amina Abawajy. "As students we often have to live on noodles or Kraft Dinner."

Abawajy said the event was also a chance for them to highlight the National Day of Action happening on Nov. 2. That's when students from across Canada will take to the streets to demand accessible post-secondary education.

"We believe that tuition can be and should be free, and not only free, but it should be accessible," she said.

"That includes safer cam-

\$39,600

The average Nova Scotia student debt, according to DSU research.

puses, more access for indigenous learners, grants instead of loans, things like that.... Access to free education has been done in over 17 other countries around the world and it's time for Canada to step up."

Third-year computer science student Yaxin Cheng is

an international student from China studying at Dalhousie University. He has participated in similar events to raise awareness of student debt and encourages other students to do the same.

"I'm here because first of all this is free food, honestly speaking," Cheng joked.

"Second, I personally think that tuition fees are really high for everyone but especially for international students. People use this as a way to say tuition is too high, we can't afford it and we need to reduce the burden."

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Making Halloween great again

DECORATION

Family brings U.S. election debate to their front yard

A Nova Scotia family has taken the U.S. election campaign to a whole new level with their "Trumpkin People."

Paula and Jeff Hafting, along with their three kids, have created a presidential debate in their Annapolis Royal front yard. At night, the scene is lit with floodlights.

The speed limit is 50 km per hour along the roadway in front of their house, but the couple said passersby are slowing down for a better look.

It's not clear if the rubberneckers drive away screaming or laughing.

Pumpkin Donald Trump and pumpkin Hillary Clinton are standing tall in front of their house, complete with podiums and familiar facial expressions.



"Trumpkin people" adorn Paula and Jeff Hafting's lawn. At night, the carefully crafted scene is illuminated with floodlights.

TC MEDIA

"The Donald" has his mouth open and hand raised. Clinton stands by with a slightly bemused smile.

Also noteworthy is the wall Mr. Trumpkin has apparently built around himself. The Haftings said Trump is

saying "Let's make Halloween great again."

Two signs in Star Wars style prep onlookers with

the words "Meanwhile Far Far Away" and "From Annapolis Royal."

"The beautiful historic



The debate between Trumpkin and Hillary is definitely a hot event outside the Hafting family home on Saint George Street.

Paula and Jeff Hafting



THE BIG DEBATE

COVERAGE, PAGE 11

town of Annapolis Royal may be far far away from the presidential campaign trail, but the debate between Trumpkin and Hillary is definitely a hot event outside the Hafting family home on Saint George Street," the Haftings said.

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WEATHER

Heavy rain, flooding expected

A weather alert for heavy rain with potential of flooding is in effect for the Halifax area.

On Wednesday, Environment Canada sent out a special weather statement for Halifax metro area and the entire province saying a "vigorous low pressure system" is expected to cross over the area Friday and Saturday, accompanied by a strong cold front.

Indications are that this system has the potential to bring rain, at times heavy, which could result in localized flooding, the release said.

Environment Canada will continue to monitor this sys-



It will likely be a wet weekend ahead for Nova Scotia.

JEFF HARPER/FOR METRO

tem, and the public is asked to monitor forecasts and their

website for any future warnings. METRO STAFF

CRIME

Man stabbed after confrontation

Police are investigating a stabbing that occurred in Halifax Wednesday morning.

In a media release, Halifax Regional Police said at 5:08 a.m. they responded to a report of a stabbing outside a residence on Fays Lane.

A man had noticed another man reaching into his car. The car owner approached the man and the two got into a physical altercation, during which time the car owner received a stab

wound to the leg.

After the stabbing, the suspect ran away on foot and was last seen heading north on Tower Road.

Police and K-9 patrolled the area, but couldn't find the suspect.

The 39-year-old victim was transported to hospital with non-life threatening injuries and was released a short time later.

The suspect is described as

a white man, approximately 5'11" tall and sporting scruffy facial hair. At the time of the incident he was wearing a beige, three-quarter length winter coat and carrying a full, dark-coloured backpack.

The incident is in the early stages of the investigation. Police are asking anyone with information to contact them at 902-490-5016. Anonymous tips can be sent to Crime Stoppers.

METRO STAFF



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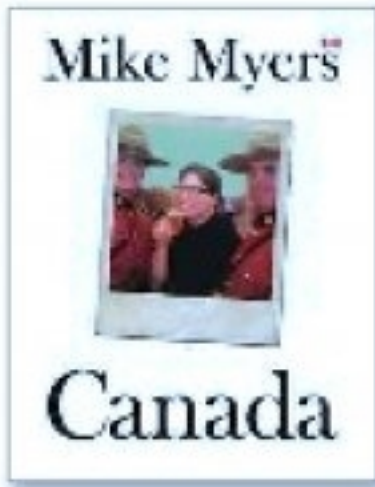
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Illegal photo cases are rising

PRIVACY

Bridgewater case is the first to fall under new legislation

Police and lawyers are seeing a rise in the number of investigations involving the sharing of intimate images without consent, according to a Crown attorney handling one of the largest such cases Nova Scotia has faced following the introduction of legislation dealing with the disturbing phenomenon.

Peter Dostal said Wednesday that the case involving six Nova Scotia teens charged with sharing images of at least 20 high school girls is not the first to test the relatively new legislation, but it is one of the biggest and most complex.

"We certainly would be seeing more now and in recent years we've seen a fair number coming through," he said outside provincial youth court in Bridgewater.

"Be it matters that are in-



THE CANADIAN PRESS/FILE

vestigated by police without charge or investigated and brought through diversionary programs...we are seeing a fair number of these enter into the system."

Two 18-year-olds and four 15-year-olds are facing charges of distributing intimate

6

Six male teens are facing various charges involved with distributing intimate images without consent.

images without consent, and possessing and distributing child pornography. Their identities are protected under the Youth Criminal Justice Act.

Several lawyers representing the young men were in provincial youth court in Bridgewater to request more

time before entering pleas. They are due back in court on Nov. 28.

Dostal said a trial could be lengthy due to the number of people charged in the matter and the volume of evidence, much of it taken from electronic devices and cellphones.

Dates in July, August and September have been set aside for a possible trial.

Police in Bridgewater launched a year-long investigation in response to complaints from school officials, leading to the seizure of a number of electronic devices - mainly cellphones - which were handed over to the RCMP Technological Crime Unit for analysis.

The Mounties found more photos, and a search warrant was drafted to obtain information from Dropbox, a U.S.-based file-sharing service. Using an international treaty, Canadian officials obtained the files through the FBI.

The case is one of the first in Canada involving legislation introduced in late 2013 after the death of Nova Scotia teen Rehtaeh Parsons, which captured national attention. The 17-year-old attempted suicide and was taken off life support after a digital photo of what her family says was a sexual assault was circulated among students at her school in Cole Harbour, N.S..

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NEW BRUNSWICK

Man survives being shot in face by rifle

A New Brunswick restaurateur has survived after being shot in the face by a misfiring rifle.

Douglas Lyons said a bullet exploded in the chamber as he tried to load his Savage Axis .30-06 rifle Sunday while testing it in the woods ahead of a planned hunting trip.

"The firing pin fired and blew that shell up on me, and that's what hit me in the face," Lyons said Wednesday from Boiestown, N.B., where he owns the Topsy Canoe restaurant.

"The covering of the bullet and the powder and all that stuff in there came up and struck me on the side of my head. Cut my face open there quite a bit."

Lyons said he had dropped his four sons off at Sunday school and went to the woods with some friends to sight his rifle. He took his gun from its case, and tried to load it, but the bolt wouldn't lock.

The firing pin went off as he pulled the bolt back on his

third attempt, the bullet still in the chamber, he said.

"The barrel was pointed away from me. It was quite a moment. The gun went one way and I went the other," he said.

Lyons said he bought the gun a year ago at a store in Fredericton, and said the firing pin

“

The firing pin fired and blew that shell up on me, and that's what hit me in the face.

Douglas Lyons

should never have fired in that position.

He drove himself out of the woods, despite his friends' pleas not to, and his wife later drove him to a hospital in Fredericton.

He said he had lost a lot of blood, and felt light-headed and cold by the time he got to hospital about 90 minutes after the misfiring. Doctors found and removed most of the shrapnel, although he said they want the swelling to subside before they take the final piece out.

Lyons remains in a lot of pain, he said, but is mostly glad the damage wasn't worse.

THE CANADIAN PRESS

ROADS

Cyclists struck on Bedford Highway

Two cyclists were taken to hospital Wednesday after being struck by a car.

Shortly before 5 p.m., Halifax Regional Police said in a release that two cyclists were traveling in the bike lane in the area of 1149 Bedford Highway heading towards Bedford. A car heading in the opposite direction was trying to turn left, when the cyclists struck the vehicle.

The investigation is continuing.

METRO





Dennis Oland is taken from the Court of Appeal in Fredericton on Tuesday. Oland, convicted of murder in the death of his father Richard Oland, is appealing his conviction. Three days have been set aside to hear the arguments. ANDREW VAUGHAN/THE CANADIAN PRESS

Murder appeal enters second day

COURT

Justices ask if Oland lied or made 'mistake' in statement

Justices hearing the appeal of Dennis Oland's murder conviction spent much of Wednesday questioning Crown prosecutors about when a lie is a lie, and when it's an honest mistake.

The crux of the debate in New Brunswick's Court of Appeal was Dennis Oland's statement to police five years ago that he was wearing a navy jacket when he went to visit his father on the evening that Richard Oland was killed. Eye-witnesses and security camera video showed Oland was actually wearing a brown jacket.

That brown Hugo Boss jacket was later found to have a number of minuscule blood stains and DNA that matched the profile of Richard Oland.

The elder Oland, a wealthy

and well-known businessman, was bludgeoned to death in his Saint John office in July 2011.

He suffered 45 blunt and sharp force blows to his head, neck and hands.

During the trial last year, the Crown portrayed Dennis Oland's statement about his jacket as an intentional lie meant to mislead police. But Oland himself testified it was simply an honest mistake.

Oland's lawyer, Alan Gold, argued before the Court of Appeal this week that the trial judge did not properly instruct the jury, leading to circular reasoning and a presumption of guilt by the jury.

Chief Justice Ernest Drapeau said Wednesday it was an important piece of evidence, and asked a lot of questions of Crown prosecutor Kathryn Gregory, including whether other independent evidence is needed to establish if a lie is an intentional fabrication.

But Gregory told the court that she believed the judge did properly give the jury the

options to consider when he delivered his charge.

"Look at how this statement was given to the police when you're assessing whether or not this was an innocent mistake, as testified to by Dennis Oland, or whether he was intending to mislead the police," she said.

Drapeau asked Gregory if the Crown would have much of a case if it didn't have the lie about the colour of the jacket.

"From the Crown's perspective yes this is additional information, an additional piece, but it would not have undercut the Crown's case," she replied.

Gold said the case against his client was totally circumstantial, and relied on a persuasive argument from the Crown speculating on what they believed happened.

Dennis Oland was convicted in December of second-degree murder and sentenced to life in prison with no chance of parole for at least 10 years. Oland's lawyers are seeking acquittal or a new trial.

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5 THINGS TO KNOW A YEAR AFTER TRUDEAU'S WIN

Canadians have learned a lot about Justin Trudeau in the year since he was elected prime minister. Here are five things you didn't know before:

THE CANADIAN PRESS



1 He plays his cards close to his chest.

Before and during the election campaign, Trudeau would let you know where he stood on issues. Marijuana? Legalize it. Deficits? Down with it. But since

coming to office, he has kept particular views to himself. On the specifics of building pipelines and electoral reform, Trudeau doesn't say what projects or voting system he backs. When asked about pipelines, Trudeau talks about the economy and environment going hand in hand. "He's a waffler in the grand Liberal tradition," says Nelson Wiseman, director of the Canadian Studies Program at the University of Toronto. Trudeau likely has about two years at the most to push one or two major issues before spent the past year watching his polling numbers stay high and building political capital. What will he spend it on?

2 He's a different leader than his father

The opposition likes to razz Trudeau about taking too many selfies and not focusing on the issues of the day. No one believes Trudeau isn't authentic when he poses for pictures or shakes hands with crowds. Trudeau is more social than many anticipated, Wiseman says, including letting people connect with him through his family. Trudeau's public image is opposite in many ways to that of his father, Pierre Elliott Trudeau, who Wiseman describes as aloof and calculating: "You can't imagine the younger Trudeau say, 'Just watch me.'"



3 He's still campaigning

Penny Collette, a former official in the Prime Minister's Office during Jean Chrétien's tenure, says it's almost as if Trudeau is still in campaign mode a year later. "Perhaps his true governing style will not become apparent until budget decisions have to be made." Max Cameron, director of Centre for the Study of Democratic Institutions at UBC, also says Canadians are likely to learn more about Trudeau's positions on issues during his second year in office.



4 He's no micromanager

Andrew Potter, director of the McGill Institute for the Study of Canada and the former editor-in-chief of the Ottawa Citizen newspaper, says some in politics like to wallow in the fine details, while others govern from 30,000 feet. "Trudeau seems oddly disengaged to me," says Potter. Some decisions have caught people pleasantly by surprise, such as having gender parity in cabinet. But that's not what has people confused. Trudeau seems keen on being a global political leader and basking in the international spotlight. The issue is what Trudeau does when he returns home. "It's not clear to me what he's actually doing," says Potter.



5 He can play hardball

At its core, governing is about making tough choices and trade-offs, says Cameron. Trudeau has shown an ability to wear a black hat when the situation demands it, such as his plan for a price on carbon, or taking a hard line on health-care funding. In both cases, Trudeau took a position sure to be unpopular with the premiers, despite having vowed to work with them, Cameron says. Indeed, he's adopted more conservative policies on health-care funding and greenhouse gas emission targets, says Potter — showing that Trudeau understands sunny ways might be a great strategy to get elected, but a terrible strategy to govern.

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POLITICS

Immigration spike on the table: Minister

A high-powered group of external advisers is calling for a dramatic increase in Canada's immigration levels, but Immigration Minister John McCallum says that might be too ambitious.

McCallum said Wednesday he's read the report by the Advisory Council on Economic Growth that calls for a 50-per-cent increase in targets to 450,000 people a year.

The measure would target skilled, entrepreneurial newcomers in an attempt to stimulate economic growth.

The 14-member panel, chaired by Dominic Barton of

the firm McKinsey and Co., is to deliver a set of recommendations to Finance Minister Bill Morneau on Thursday.

McCallum said meeting the target suggested by Barton's group would be costly and might not find broad national support.

"The figure he gives is a huge figure," McCallum said.

A survey released by Canadian Manufacturers and Exporters said the most pressing challenge facing its member companies is "attracting or retaining skilled labour."

Matthew Wilson, the organization's senior vice president, said manufacturers have tradi-

tionally looked beyond Canada's border to find skilled workers.

But the government needs to do more to make sure the immigrants they allow into Canada actually have skills that are needed, Wilson added.

"Just bringing in more immigrants isn't going to solve the skills-gap problem if they don't have the skills Canadian companies need."

The continuing need to address the country's sluggish economy was underscored Wednesday as the Bank of Canada downgraded its growth prediction. THE CANADIAN PRESS

ELECTIONS

First-past-the-post could soon see its last

Is Justin Trudeau laying the groundwork for reneging on his promise to make the 2015 federal election the last to be conducted under the first-past-the-post voting system?

Or is the prime minister trying to drive a hard bargain with the NDP and Greens to abandon their own ambitious preference for a proportional voting system and settle for a more modest change to a ranked ballot system?

Those questions were touched off Wednesday by an interview Trudeau gave to Montreal's Le Devoir newspaper.

In it, Trudeau said major electoral reforms would require "substantial" support. But he simultaneously argued that the public clamour for change seems to have diminished since the Liberals defeated Stephen Harper's Conservatives one year ago.

THE CANADIAN PRESS

IN BRIEF

Girl's leg broken during cheese-rolling festival

A lawsuit alleges that a cheese-rolling competition in Whistler, B.C., went from fun to frightening when a wheel of cheddar crashed into a three-year-old girl. It says Juli Nonaka was watching the festival when the five-kilogram wheel came down the hill and stretched a safety net, colliding with her.

THE CANADIAN PRESS

A nightmare to one another



DAVID GOLDMAN/
THE ASSOCIATED PRESS

LAST PRESIDENTIAL DEBATE Nominees warn of disaster on immigration, abortion, nukes

Hillary Clinton and Donald Trump kicked off their third and final debate without shaking hands, continuing a break from decorum that began at their last showdown in St. Louis.

The two stepped onto the stage in Las Vegas from opposite sides, each briefly waving to the audience before immediately moving behind their podiums.

Clinton and Trump outlined starkly different visions for the Supreme Court under their potential presidencies Wednesday night, with the Republican declaring the landmark Roe v. Wade ruling legalizing abortion would be overturned by his judicial nominees.

He likened partial-birth abortions to allowing women to "rip the baby out of the womb" even on the last day

of pregnancy. Clinton vowed to appoint justices who would uphold the ruling legalizing abortion, saying, "We have come too far to have that turned back now."

The debate opened with a measured, policy-focused discussion — a stark contrast to the heated and highly personal clashes that defined earlier contests. However, within 30 minutes, Trump reverted to his previous style of bursting in to interrupt Clinton as well as moderator Chris Wallace of Fox News.

Trump highlighted his hard-line immigration strategy as a way to get "bad hombres" out of the United States. He accused Clinton of wanting an "open borders" policy, a characterization she vigorously disputes.

"People are going to pour into our country," Trump said.

The Democratic presidential nominee charged that her Republican opponent has "exploit(ed) undocumented workers."

Clinton said she voted for

border security and believes the U.S. is a country of laws, but also a nation of immigrants and said she's against ripping families apart.

She portrayed Trump's deportation plan as a logistical nightmare, saying it would force a "massive law enforcement presence" and require shipping people from the country in trains and buses.

Trump alleged Clinton has allowed Russia to expand its nuclear weapons. Clinton, in response, said Trump is "cavalier" about nuclear weapons, pointing to his past statements suggesting more countries should have nuclear power.

Threatening to upend a basic pillar of American democracy, Trump refused to say he would accept the results of the November election if he loses. The Democratic nominee declared Trump's resistance "horrible."

Near the end of the debate, Trump interjected as Clinton was talking about preserving Social Security and Medicare, calling her "such a nasty woman." THE ASSOCIATED PRESS



DREW ANGERER/
GETTY IMAGES

“People are going to pour into our country.”
Donald Trump on illegal immigration

“We have come too far to have that turned back now.”
Hillary Clinton on abortion



Azalea, whose Korean name is Dallae, smokes a cigarette at the Central Zoo in Pyongyang, North Korea. THE ASSOCIATED PRESS

NORTH KOREA

Come meet Azalea, the smoking chimpanzee

Pyongyang's newly opened zoo has a new star: Azalea, the smoking chimpanzee.

According to officials at the newly renovated zoo, which has become a favourite leisure spot in the North Korean capital since it re-opened in July, the 19-year-old female chimpanzee, whose name in Korean is "Dallae," smokes about a pack a day. Dallae is short for Azalea. They insist, however, she

doesn't inhale.

Thrown a lighter by a zoo trainer, the chimpanzee lights her own cigarettes. If a lighter isn't available, she can light up from lit cigarette if one is tossed her way.

Though such a sight would draw outrage in many other locales, it seemed to delight visitors who roared with laughter on Wednesday as the chimpanzee, one of two at the zoo,

sat puffing away as her trainer egged her on. The trainer also prompted her to touch her nose, bow thank you and do a simple dance.

The zoo is pulling in thousands of visitors a day with a slew of attractions ranging from such typical fare as elephants, giraffes, penguins and monkeys to a high-tech natural history museum.

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Virtual reality arcades catch on

SMALL BUSINESS

Owners bank on gamers trying out new technology

Imagine walking into a black-walled, nondescript room that instantly transforms into another world where you can explore outer space or defend a castle from monsters — all by donning a virtual reality headset.

That's the experience that awaits visitors at one of the number of new VR arcades opening up across Canada. Business owners are hoping to capitalize on gamers' interest in trying out the immersive technology, even as it becomes more readily available for the public to use at home.

Since the summer and over the past few weeks, several companies have started releasing high-end VR headsets for consumers. But some industry insiders and VR arcade owners aren't concerned, arguing that the mass extinction video game arcades of the '70s and '80s faced won't beset this growing indus-



Vanessa Glavac plays a puzzle game at Ctrl V Virtual Reality Arcade in Waterloo, Ont. HANNAH YOON/THE CANADIAN PRESS

try because obstacles like price and space still exist when it comes to bringing the true VR experience to households.

It's impossible to know how many VR arcades exist but more and more are opening up, says Bernie Roehl, co-founder of the Virtual Reality Standards Board that advises commercial VR facilities on best practices.

"It ranges all the way from huge, massive, literally multi-million-dollar installations, all the way down to an Internet café," he said, describing the

“Most people have never played virtual reality.”

Robert Bruski

gamut of VR arcades that exist in the global marketplace.

Several of these facilities already operate in Canada, including Ctrl V, which opened its first Waterloo, Ont., location last June. It boasts 16 play spaces



Chris McGuire plays at Ctrl V, Canada's first virtual reality arcade and gaming hub. HANNAH YOON/THE CANADIAN PRESS

where visitors can select from more than 20 games, including multi-player experiences, with new ones added monthly for about \$25 an hour.

Ctrl V has since expanded to a second spot in the city and is planning for at least another 20 locations in the first year, says its chief financial officer Robert Bruski. He says the company has received about 160 applications to open franchise locations — mostly in Canada and the U.S., but also from the U.K., France, Australia and South Africa.

"Most people have never played virtual reality, so it's new to everyone," says Bruski.

Roehl says there's a need for VR facilities because they allow consumers to try out the technology at a reasonable price.

Even though the HTC Vive VR headset started shipping orders to Canada this summer — with the PlayStation VR and the Oculus Rift having launched more recently — the price of these systems still makes it prohibitive for most gamers, he says.

IN BRIEF

SNC-Lavalin fined for generating electricity

The Ontario Energy Board has fined SNC-Lavalin \$75,000 for operating a gas-fired electrical generating plant at Toronto's Pearson International Airport without a licence for the past 10 years. Ontario Energy Minister Glenn Thibeault said the Greater Toronto Airports Authority did have a licence as the owner of the electrical generating plant, but the operator, SNC-Lavalin, didn't get one until it was ordered to do so last June.

THE CANADIAN PRESS

Court sides with Canada Post in mailbox dispute

Ontario's highest court has ruled in favour of Canada Post in a dispute with the City of Hamilton over the placement of community mailboxes. Hamilton brought in a bylaw last year that required Canada Post to obtain a \$200 permit per site to install boxes on municipal land.

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BANK OF CANADA

Rate remains low on gloomy outlook

The Bank of Canada has downgraded the growth outlook yet again with fresh projections Wednesday that see an impending drop in housing activity tied to new government rules and, more importantly, signs of a permanent decline in exports.

The gloomier economic picture weighed heavily enough on the central bank's governing council for them to actively discuss lowering the trendsetting interest rate from its already-low

perch of 0.5 per cent, governor Stephen Poloz said. But the bank ultimately kept the rate where it's been since July 2015, as analysts had widely expected.

The bank's latest monetary policy report was released as the economy continues to struggle to emerge from a prolonged period of slow growth and recover from the negative effects of the plunge in oil prices that began two years ago.

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THE TOP 6@6

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The Way
- 5 DJ Snake ft Justin Bieber
Let Me Love You
- 4 Tory Lanez
Luv
- 3 Bruno Mars
24K Magic
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AZEEZAH KANJI ON THE DAKOTA PIPELINE PROTESTS



The assault on indigenous activism in defence of sacred lands and waters was, in many ways, an entirely fitting tribute to Christopher Columbus.

For months, thousands of people have been travelling from all across the continent to North Dakota, to stand with the Standing Rock Sioux against construction of the Dakota Access Pipeline.

The pipeline was originally meant to run near the state capital of Bismarck, but this plan was discarded because of fears it might contaminate the city's water supply. And so the DAPL was rerouted, so it will instead cross through land containing sacred sites and burial places of the Standing Rock Sioux, and under the Mississippi River at Lake Oahe — the main source of drinking water for the reservation.

"Why not put it [near] Bismarck, if it can be so safe?" asked Standing Rock chair Dave Archambault II, in an interview with Democracy Now.

The protest against the DAPL has been treated like an enemy incursion. Peaceful marchers have been met with lines of police in riot gear: helmets and shields and rifles and batons.

Military-grade equipment — armoured personnel carriers, surveillance helicopters, drones — are being deployed. In September, the Governor of North Dakota activated the National Guard.

More than 100 protesters, as well as journalists documenting the exorbitant violence of the response to

them, have been arrested. People charged with minor misdemeanours have reported being strip-searched and held in jail for several days.

Amy Goodman of Democracy Now, who filmed the pipeline company's security guards attacking protesters with dogs and pepper spray, was charged with criminal

whose faux-discovery of the "New World" in America inaugurated centuries of indigenous decimation and environmental devastation on the continent.

When Columbus's Spanish-funded expedition stumbled onto the shores of the Caribbean islands in 1492, he saw the territories that lay beyond them as a

businesslike activity on the part of all Christendom a third of the American forests have been destroyed [and] a significant part of the previously fertile land is sterile. The Indians, victims of the biggest expropriation in world history continue to be pushed off their last remaining lands and their identity is still denied ... At the outset the pillage and 'othercide' was performed in the name of God; now it is done in the name of Progress."

The living colonial legacy of Columbus is on vivid display in North Dakota right now. It is apparent in the use of advanced technologies of violence, to quash indigenous resistance to the destructive "business" of environmental exploitation and extraction. It is apparent in the attempts to repress media making indigenous activists visible and indigenous voices audible, enabling continued perception of the land as terra nullius available for use and abuse.

But as Julian Brave Noisecat and Anna Spice remind us: "The people who have endured centuries of dispossession and attempted elimination — the poorest of the poor, the most likely to be killed by law enforcement, the most easily forgotten — are still here and still fighting. They have built alternatives within and beyond capitalism for hundreds of years ... [T]hey are envisioning a future without a Dakota Access Pipeline, and enacting a future where indigenous nations exercise their rights to define a more just, equal, and sustainable path forward, as stewards of land, water, humanity and each other."

Azeezah Kanji is a legal analyst and writer based in Toronto



Megan Tobin, of Bellevue, Ohio, protests the construction of the Dakota Access Pipeline, in Bismarck, N.D., in September.

THE CANADIAN PRESS

trespassing and then rioting; the charges against Goodman were dismissed on Monday, but the local county sheriff said he is continuing to investigate her.

Documentary filmmaker and journalist Deia Schlosberg could face up to 45 years in prison for reporting on indigenous activism against the fossil fuel industry, including in North Dakota.

At least 27 were arrested in protests on Oct. 10, Indigenous Peoples' Day, celebrated as Columbus Day in much of the United States. This assault on indigenous activism in defence of sacred lands and waters was, in many ways, an entirely fitting tribute to Christopher Columbus: a man

bountiful arena open for unlimited plunder. The fact the land was already inhabited was not considered any significant moral or legal impediment. By then, it had already been established in Europe for several centuries (beginning with a bull issued by Pope Urban II in 1095) that territory occupied by non-Christians was terra nullius: "nobody's land" free for the taking.

"These unspoiled beaches filled [Columbus] with tireless enthusiasm and on November 27 he prophesied that 'all Christendom will do business here,'" noted eminent Uruguayan writer Eduardo Galeano in 1992, the quincentennial of Columbus's mission.

"After five centuries of

VICKY MOCHAMA

A stress eater's guide to enduring the U.S. election

Watching the Democrats and Republicans battle it out first made me angry, then massively hungry.

For two years we've been hearing about this seemingly endless election. Would Bill Clinton be an asset or a liability to Hillary? What about Daesh? Would the GOP get it together? (Spoiler: no.)

I'm starving.

On Tuesday night, I made 24 cornbread muffins. I am not a baker. I don't like to encourage associations between me and kitchens. I was arming myself for last night's debate. Eating your feelings is an essential survival strategy for this election.

I was unprepared for the first debate: a plate of nachos and salsa. The next day, I ate a chocolate chip cookie every hour until the world felt right again. Luckily, the second debate was on Thanksgiving. It gave me a full plate to stare miserably into during each of the 55 times that Trump interrupted Clinton. The key is to keep chewing; otherwise bites of poultry will fall out of your mouth and onto your lap when the Republican candidate threatens to jail his opponent.

On Super Tuesday, Heather Whaley, writer of the book *Eat Your Feelings: Recipes for Self-Loathing*, recommended making a soup. To start: "Turn off the television, turn off the radio, put your phone in your sock drawer, and pre-heat the oven to 425." To finish: "Serve this with some crusty bread, a

nice sharp cheese, and something bracing because it's going to be a long nine months." And so it has been.

The nine months has been ample time to develop a warm, cordial relationship with my local food-delivery people. To stay in their good graces (and get my order in a timely fashion), I've had to be careful that my food reflects my politics. In this wild and wacky cycle, even a bucket of chicken is more than it seems. The political-action committee created by Yum! Brands — owner of Taco Bell, Pizza Hut and KFC — donated over \$2,000 to a conservative PAC led by former Republican congressman Eric Cantor, according to Eater. Given that congressional Republicans have obstructed every one of President Obama's plans, it's probably better to forgo the stuffed-crust double pepperoni with mushrooms in favour of the neighbourhood Thai spot.

Every Big Food brand, from Skittles to Wendy's, seems to have gotten in on the campaign; the search for friction-free packaged fare may be futile. Thus, I bake. For last night's debate, I sat down with a glass of wine, 21 muffins (three did not survive the wait), a bowl of soup and a creeping sense of dread.

Now that we're past the final debate, with only Election Day left to contemplate, just one question remains: What does one eat for the apocalypse?

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Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health

Yes, it's important to wash your hands. It's critical during cold and flu season and especially if you visit someone at the hospital.

The problem is — in the West at least — parents have taken the business of keeping clean way too far. New science shows that a lot of the tiny organisms called microbes that we're so busy blasting away with our hand sanitizers, antibacterial soaps and liberal doses of antibiotics are having a profoundly negative impact on our kids' immune systems, says microbiologist Marie-Claire Arrieta, co-author of a new book called *Let Them Eat Dirt: Saving Our Children from an Oversanitized World*.

The assistant professor at the University of Calgary, along with her co-author, esteemed microbiologist Brett Finlay, make the case that we're raising our kids in a cleaner, more hyper-hygienic environment than ever before. They say that overdoing it the way we are is contributing to a host of chronic conditions ranging from allergies to obesity. Here, Torstar chats with Arrieta.

What inspired you and Finlay to write *Let Them Eat Dirt*?



Let Them Eat Dirt author and microbiologist Marie-Claire Arrieta says that our liberal use of antibacterial soaps and hand sanitizers are having a negative impact on our children's immune systems. ISTOCK

We're both microbiologists and we've been studying the community of microbes that live in our guts — what we call our gut microbiome. In recent years research from our lab and other labs has shown that the health of this microbiome early in life is really crucial to our life-long health. It's not just that we're scientists but we're both parents. We thought

that parents and caregivers would really benefit from us bringing this knowledge to the public.

We've been hearing for some time that overusing antibiotics may lead to antibiotic-resistant hospital infections, something we may associate with the elderly and other immune-compromised people. But I

gather the implications are much more immediate and individual than that. What's the connection between microbes and the development of the immune system in childhood?

When we're born we do not have any microbes. Our immune system is underdeveloped. But as soon as microbes come into the picture, they kick-start our im-

mune system to work properly. Without microbes our immune system can't fight infections well.

It's not just the presence of these microbes but what they produce. They produce molecules and substances that directly interact with the cells of the lining in our guts, but also with the immune cells that are on the other side of the lining in our guts.

They literally train them. It is only upon the encounter with these microbial substances that an immune cell obtains the information to do what they're supposed to do. Then these cells in our gut have the ability to transport themselves to other parts of the body to do more training.

Are there things parents can do — and not do — to make sure they develop a good healthy microbiome and perhaps lower the chances of children contracting allergies, asthma and other related conditions?

Epidemiological evidence shows that kids who are growing up on a farm environment have way less chance of developing asthma. Of course you cannot just pick up your things and become a farmer, but what this suggests is that living in an environment that is less clean is actually better. The same is true for owning a pet, specifically a dog. Let your baby safely play with dogs.

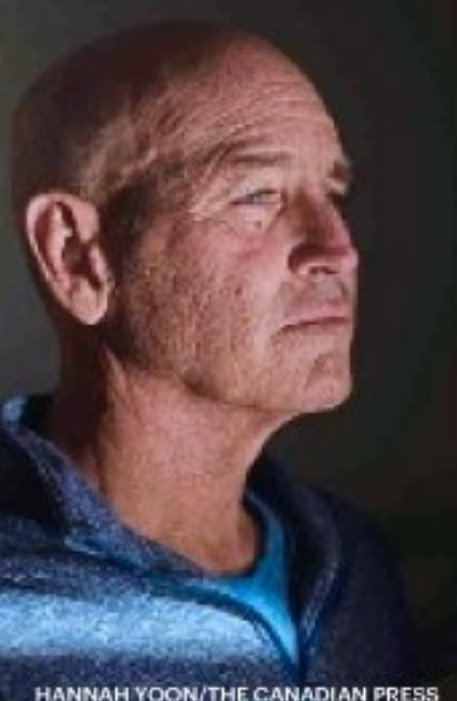
Studies have also shown that cleaning everything that goes in baby's mouth increases their chances of asthma. The incidence of developing asthma is decreased if the pacifier is cleaned in the parent's mouth. And all of this points to the fact that we are just living too clean, to a point that it is not beneficial.

TORSTAR NEWS SERVICE

“

"I don't want anyone to go through what I did."

Terry Patterson, 52, whose throat cancer was tied to infection with HPV-16, one of the most aggressive strains of the virus.



HANNAH YOON/THE CANADIAN PRESS

RESEARCH

HPV-related oral cancer rates jump in men

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest.

In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available. An estimated 1,335 Canadian men and women

were diagnosed with HPV-linked "oropharyngeal" cancers in 2012, and 372 died from the malignancies. They now represent about one-third of all HPV cancers in Canada, equal to the proportion of cervical cancer cases, said Leah Smith, the Canadian Cancer Society epidemiologist who helped author the report.

Human papillomavirus is the most common sexually transmitted infection worldwide. Most sexually active men and women become infected with HPV at some point during their lifetime. Most people clear the virus in

2 shots

A U.S. government panel says that preteens only need two doses of the HPV vaccine, not three. This is good news for busy parents who struggle to get their children all three shots within six months.

about two years, but in a small proportion of those infected, the virus persists and can later

cause cancer. This year, almost 4,400 Canadian men and women will be diagnosed with an HPV cancer, including cervical, genital and anal cancers, and about 1,200 will die from their disease.

"HPV is a virus that infects moist skin, namely oral and genital mucosa," said Dr. Eduardo Franco, head of oncology at McGill University in Montreal and a world-renowned expert on the pathogen. "The oral cavity is particularly susceptible, the tissue around the tonsils and the base of the tongue."

THE ASSOCIATED PRESS

Enter the mind of a misogynist

INTERVIEW

Bydlowska tackles challenging character

Sue Carter
For Metro Canada



Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel *Guy*, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women.

Rich in looks and charisma, Guy is responsible for the commercial success of Sisi, a young pop star with whom he had a sexual relationship before she was diagnosed with cancer.

While the parallels between Kesha's accounts of Dr. Luke's manipulations and the way that Guy treats Sisi and other women are purely coincidental, the culture that has allowed predatory male behaviour to thrive for so



Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel *Guy*, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women. RICHARD SHOTWELL/INVISION/AP, FILE

long is finally being openly discussed — thanks in part to accusations against U.S. presidential candidate Donald Trump — which makes *Guy* such a prescient read despite its protagonist's shocking behaviour.

Best known for her controversial memoir *Drunk Mom*, which

chronicles an alcoholic relapse after the birth of her son, Bydlowska knew that after all the attention that book received, she needed to write about someone as far away from her own experience as possible.

While holed up in a small cottage town editing the *Drunk*

Mom manuscript — an experience Bydlowska found very difficult, emotionally — she didn't have access to Wi-Fi. One day, while walking to the local internet café (a location that appears in *Guy*), Bydlowska noticed an attractive man, and tried to catch his eye, wondering, "What's it



Jowita Bydlowska.
CONTRIBUTED

like to be him?" She recalls thinking in the moment: "It would be such a relief to be someone else for a day."

Rich in looks and charisma, Guy sleeps with "plain girls," whom he rates clinically on a scale of one to 10, delusional in his belief that sex with him somehow opens up these women's futures and changes their lives.

Even Guy's dog, comically named "Dog," plays a prop role in his obsessive philandering. Bydlowska acknowledges Guy is a jerk with many horrible traits, but also views him as complicated and troubled, and even sensitive at times.

"Guy was a really challenging character to write, but in a good way. I didn't give him any of my thoughts, but I certainly used things that I've read online and

I've heard from men and women. He was a good channel for social commentary," she says. "Most importantly, I could remove myself from the character. I didn't have to excuse him or talk about myself."

Though the "Lad-lit" genre has been around for a long time with authors such as Nick Hornby and Bret Easton Ellis (whose iconic novel *American Psycho* was influential on Bydlowska), it is rare for a woman to write such a brutally honest first-person depiction of a misogynist.

Bydlowska felt she had some freedom: she didn't worry about Guy's likeability or appropriating the voice of a wealthy young white man.

"I probably had more room to explore the subject than a man would. I feel like it was a guy who wrote this, he would be in trouble with people thinking it's all about him," she says.

"Though in my case, I've had someone ask already if it's someone that I've dated. It just shows how we think about men and women, and our relationship with the world."

Sue Carter is the editor at Quill & Quire magazine.

GRAPHIC NOVEL

Daniel Johnston's eccentric life story

Mike Donachie
Metro | Canada

The Incantations of Daniel Johnston

BY: Ricardo Cavolo and Scott McClanahan

PUBLISHER: Two Dollar Radio \$26.50; 100 pages

This really does read like an incantation.

It may read like the life story of musician and visionary Daniel Johnston, but this graphic novel is remarkable in itself, and just as eccentric.

It is Johnston's life story: his early years, family life, inspirations, career and mercurial talent. There's also mention of his unexpected fame after Kurt Cobain wore a Daniel Johnston T-shirt.

But the more esoteric aspects of his personality, such as



his serious mental illness, are there, too, woven into a narrative that somehow takes the weirdness a step further, repeatedly telling the reader to put the book down because it's just not worth the risk.

It is worth the risk. McClanahan's direct-to-reader, declarative style, and Cavolo's brash-yet-balanced use of wile colours and eye-popping layouts, combine into a tribute to one of music's great characters, but also a piece of great art in itself.

Join the incantation. You won't regret it, despite what the book says.

BOOK BRIEFS

Disney CEO working on leadership book

Robert Iger, chairman and CEO of the Walt Disney Co., is working on a book about "leadership and management." Random House announced Monday that Iger will reflect on the "ideas, values and growth strategies" that have underlined his 11 years running Disney. The book is currently untitled and doesn't have a release date.

THE ASSOCIATED PRESS

The Very Hungry Caterpillar now dining in digital

The *Very Hungry Caterpillar* is now dining in digital. On Monday, Eric Carle's picture book classic made its debut in electronic format, Penguin Young Readers said. The new edition includes an audio recording of Carle reading the narrative. The *Very Hungry Caterpillar*, first published in 1969, has sold more than 40 million copies worldwide. THE ASSOCIATED PRESS

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IDEAS

Add a party hat and a fun bow tie to a bony skeleton or a plastic rat, or use a marker to draw jack-o'-lantern faces on balloons.

DIY

Because not everyone likes being terrified or grossed out

Not everyone loves a spooky Halloween. Sometimes the scary skeletons and bloody limbs can be too macabre for the littlest trick or treaters.

Here are two not-so-spooky Halloween ideas that are more fun and festive rather than creepy and terrifying.

More adorable than frightful, these DIYs are a playful take on Halloween and are (mostly) made from items you probably have around your house.

The birds

Turn a dark and eerie flock of dollar-store birds into a festive little gathering of feathered friends. Just add party hats and these birds are ready for some Halloween shenanigans.

You'll need:

- Fake birds
- Decorative paper
- Miniature pom poms
- Glue gun
- Double sided tape (optional)

To make a party hat, make a cone shape out of decorative paper, using glue or double-sided tape to hold the cone together.

Glue the pom pom to the tip of the hat. Let dry. Apply a thin layer of hot glue to the bottom edge of the cone. Place the cone on the bird's head. Let dry.

A no-carve painted pumpkin menagerie

Woodland creatures make adorable, unconventional pumpkins. All that's required is paint, felt and your imagination to turn pumpkins of any size into a darling menagerie. We created a fox, owl, raccoon and bat.

You'll need:

- You'll need:
- Pumpkins
- Acrylic paint
- Paintbrush
- Felt
- Scissors
- Craft paper
- Glue gun

To make the fox, paint a face on the pumpkin. Use scissors to cut out the shapes of the ears and tail, and then add accents with paint. Let dry.

Use a glue gun to attach the paper ears and tail to the pumpkin.

To make the owl, paint a white face on the pumpkin. Using felt cut out circles for the eyes and a triangle for the nose. Attach felt pieces using a glue gun.

For the bat, paint the pumpkin using grey paint. Let dry. Cut out a set of wings, eyes, mouth and fangs using felt. Add accents to the eyes and fangs with paint. Use a glue gun to attach the pieces of felt to the pumpkin.

To make the raccoon, paint the pumpkin grey. Let dry. Cut out a pair of ears, eyes and a nose from felt. Cut out a tail from paper. Add accents to the felt and paper using paint. Use a glue gun to attach the pieces to the pumpkin.

These black birds are in keeping with the Halloween spirit without being creepy. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

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Get outta here, glimmer! It's matte's turn to shine

TRENDS

Finish plays off mid-century furniture well

Take a look through the fall decor catalogues or browse the aisles of furnishings stores and you'll see a recurring theme: matte finishes.

"Matte is having a moment right now," says Donna Garlough, Joss & Main's style director. "Especially in white, black, chalky greys and pastels. It works because accents and lighting in a matte finish pair so naturally with some of the furniture trends we're seeing."

The velvety, non-glossy sheens offset the natural walnut tones and satiny surface of mid-century wood furniture. And they offer a dramatic contrast to glam elements like burnished and polished metals, clear acrylic, and high- and medium-nap textiles.

"A matte piece can be very grounding, and neutralize the

look," Garlough says.

Manufacturers are using a range of techniques, like lime washes, eggshell paints, powder-coating and ceramic firing. When honed instead of highly polished, marble, stone and other materials develop a soft matte glow.

Spanish design shop Mermelada Estudio's spare, linear Alchemy bed frame at CB2, in matte black, is a backdrop for linens of any style. Joss & Main's Elizabeth floor lamp is cast in matte black steel, giving its slim profile a bit of an industrial look.

Lumisource's matte black Austin dining chairs also have an industrial vibe, and would complement a rustic farm table. Or you could pair them with a dining table with mid-century panache, like the Aeon, a satin-finished ash slab on matte, powder-coated steel legs.

Pottery looks especially chic in matte finishes. Check out CB2's Roz planter in cream or deep taupe, as well as the Hendricks vase, with a crisp, white, faceted motif.

Room and Board has an exclusive collection of porcelain vases crafted by New York's KleinReid Studio, based on Hungarian ceramicist Eva Zeisel's modernist designs. Her curvy vessels, rendered in matte grey, carbon and ivory, might adorn a table or mantel.

At Hive Modern, Swedish designer Clara von Zweigbergk's Cirque pendant lamps were inspired by her trip to Copenhagen's Tivoli district. Bands of spun aluminum in matte hues suggest playful carousels, cotton candy makers and wheels of fortune. Jean-Marie Mas-saud's Namaste free-form melamine plates resemble flat stones, and come in earthy hues. The geologic vibe is echoed in Patricia Urquiola's Phoenix coffee tables, a series of honed, low-slung laminate or wood veneer slabs perched on matte steel bases. The trend has found its way into the kitchen, too.

Both GE and BlueStar offer ranges in matte slate finishes. Brizo has a sleek, matte-finished faucet in white or black. Williams-Sonoma has a dramatic suite of matte black Le Creuset cookware in its fall collection. Canvas Home's Madrid cutlery is ebony steel and titanium. For crafty decorators, the new matte spray paints can be fun to experiment with, says

Garlough.

"You can paint anything with it, and I do mean anything," she says. "I've seen stylists paint everything from an old telephone to an eggplant and turn it into an objet d'art. It's crazy how cool you can make something look with a coat of matte paint." THE ASSOCIATED PRESS



These neutral-hued pieces on trend as matte finishes emerge strongly in fall collections. Left: Swedish designer Clara von Zweigbergk's Cirque pendant light. ALL PHOTOS HANDOUT

COLOURS

Don't be intimidated by the boldness of black

Glen Peloso
For Torstar News Service

Let's face it — every colour suffers a little from black envy.

A discussion of colour will eventually conjure up the comment that something has become "the new black." However, there's never a replacement needed. Black is an extraordinary colour, or lack thereof, which requires no new version and is, essentially, needed in every room design in one way, shape or form.

Here are five great ways to introduce an element of this classic tone into your space, ranging from the subtle to the dramatic:

Walls

People are often frightened by the suggestion of a black wall colour or wallpaper. Typically, people associate black with darkness. Conversely, we like to think of it as a rich, deep colour. From a design perspective, darkness refers to poor light levels that can be rectified relatively easily. Black walls make for a dramatic room and works well with mixed metals. The effect is a dramatic, high-design room.

Trim

The standard look is coloured walls and white trim. The white is usually a builder's easy choice, as the trim stock comes with a white "primer" already applied. But that doesn't make it the only choice. The one rule of trim is it should be a consistent colour throughout the house. Black trim can look brilliant, similar to a kohl eyeliner, framing the walls and the room.

Furniture

Black is an amazing colour for upholstered furniture and pieces that are a combination of fabric and wood frames. Traditional pieces, such as a Louis XV or bergère chair, can be wonderfully updated by painting its frames black to feature the silhouettes of the extraordinary designs.

Dining tables or side tables painted black also work in any room and with any colour scheme.

Accents

Not everyone is prepared to go with — or is comfortable with the drama of — black. It does require more attention and maintenance, largely because things such as dust and dirt particles

+ ACCESSORIES

Every room needs some elements of black, even in a beach house purposely layered in whites.

Once you open your mind to it, the possibilities are endless: from black wall clocks to umbrella stands, statues, vases, trays, floor mats, toss cushions and so on.

Black can act either as a visual break from colour, like a rest in music, or as a focal point in a room.

show up more vividly on black. The colour can be used beautifully in details such as backsplashes, lamp shades and wrought iron, or sometimes just in the piping detail on a sofa or chair.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com and follow him on Twitter at [@peloso1](https://twitter.com/peloso1).

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Despite 19 C temperatures, MLB decided to keep the Rogers Centre roof closed for Game 5 to have "even conditions for everybody"

Curtain falls on Jays

MLB PLAYOFFS

Cleveland caps its mastery over Toronto's offence in ALCS

Unheralded rookie Ryan Merritt, in only his second major-league start, gave Cleveland the early pitching it needed and the Indians bullpen did the rest Wednesday, bundling the Toronto Blue Jays out of the playoffs with a 3-0 victory in Game 5 of the American League Championship Series.

Carlos Santana and Coco Crisp homered for Cleveland, which won the series 4-1.

Cleveland head to the World Series, looking to erase memories of losses in 1954, 1995 and 1997. They won in 1920 and 1948. Only the Cubs (1908) have gone longer without winning the championship.

Cleveland's injury-ravaged starting rotation meant that manager Terry Francona had to hand the ball to Merritt, whose major-league career consisted of one start, four appearances and 11 innings.

You wouldn't have known it. The 24-year-old left-hander retired the first 10 Jays he faced before leaving with one out in the fifth after giving up just his second hit.

With Merritt looking cool on the mound in the 4-1/3 innings needed to get to Cleveland's excellent bullpen, the Indians picked up solo runs in the first,



Cleveland first baseman Carlos Santana celebrates after making the final out in Game 5 of the American League Championship Series on Wednesday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

third and fourth to pull ahead before a sellout crowd of 48,800 under the Rogers Centre roof.

Each team managed six hits. Blue Jays manager John Gibbons said he was proud of his team and for contending in the ALCS for a second straight year following a 22-year playoff drought in Toronto.

"To stay on top or get close to the top, near the top, I mean, it takes a lot," he said.

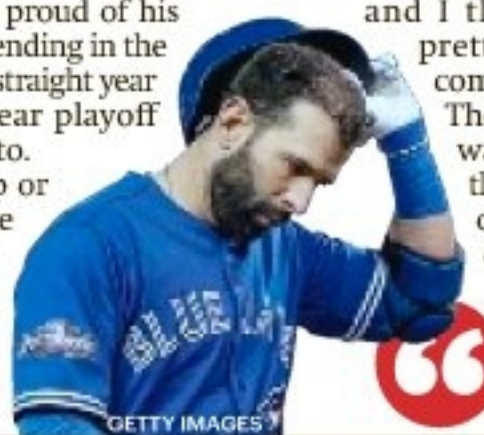
"I'm sure there will be some dis-

appointments and grumbling and complaining about how you fell short again, but that's not coming from me. Because I know what these guys did, and I think it's a pretty good accomplishment. The key is we want to take that next step one of these days, hope-

fully it's next year. But these guys, they did a hell of a job."

Wednesday's game was like all the other Cleveland wins. The visiting team's pitching was slightly better, the Cleveland hitting came at the right times and the defence was rock-solid. The Jays managed zero, one, two, five and zero runs against the Indians, who never trailed in Games 1, 2, 3 and 5.

"They seemed to make the



"I know that I'm capable of doing a lot more. Jose Bautista

GAME 5 In Toronto



right pitches at the right time and got us out and they never let us string base hits together and when we had men in scoring position they seemed to turn it up a notch and go to another level of execution," said Jays slugger Jose Bautista. "My hat's off to them."

Toronto, which hit 10 homers in the wild-card game and ALDS, managed just two against Cleveland although it came close to adding to that total several times Wednesday. Cleveland found the fence six times against the Jays. Bryan Shaw (2-0), Andrew Miller — who was named series MVP — and Cody Allen pitched the rest of the way for Cleveland. Miller continued his mastery over Toronto hitters, giving up a single to pinch-hitter Dioner Navarro in 2-2/3 otherwise perfect innings.

Allen pitched the ninth, giving up a leadoff double Bautista that got the crowd on its feet. He then struck out Josh Donaldson and Edwin Encarnacion and induced Troy Tulowitzki to foul out for his fifth save of the post-season. THE CANADIAN PRESS

NHL

Pens offer new look in Cup rematch

The stakes are nowhere near the same: hockey immortality versus two points in the standings in the second week of a long season.

Still, the San Jose Sharks and Pittsburgh Penguins expect the atmosphere to be a little more heated than the usual NHL October product when they meet Thursday night barely four months removed from Pittsburgh's six-game victory in the Stanley Cup Final.

"It was obviously tough to go on that long a journey and lose the way we did," San Jose (3-1) coach Peter DeBoer said. "I don't think there was any doubt at the end of the day they deserved to win, but at the same time I think for us it's a chance to go in, and we're a different team this year, and make a statement that we are a different team this year."

6

Pittsburgh took care of San Jose in six games to win the Stanley Cup.

The Penguins, in essence, are not. A week removed from a giddy opening night in which the 2016 Cup banner was raised at newly renamed PPG Paints Arena, the Penguins are trying to focus on the next chapter instead of the last one.

That shouldn't be a problem. The Penguins are coming off sloppy performances in an overtime loss to Colorado on Monday and a 4-0 setback in Montreal on Tuesday. Captain Sidney Crosby remains out indefinitely with a concussion and goaltender Matt Murray is still on the mend from a broken hand.

THE ASSOCIATED PRESS



Sidney Crosby remains out with a concussion. BRUCE BENNETT/GETTY IMAGES

CHAMPIONS LEAGUE

Barça burns City on Messi's hat trick



Lionel Messi GETTY IMAGES

Lionel Messi scored a hat trick to inflict a humbling defeat on his former mentor Pep Guardiola on Wednesday, leading Barcelona to an emphatic 4-0 victory over Manchester City in the Champions League.

Barcelona was reduced to 10 men after substitute Jeremy Mathieu was shown a second yellow card in the 73rd, but Neymar still rounded off the win from a pass by Messi. The Brazil striker scored moments after he had missed a penalty. THE ASSOCIATED PRESS

CFL IN BRIEF

Ticats star suspended

The Hamilton Tiger-Cats will be without star receiver/kick-returner Brandon Banks for their crucial East Division showdown Friday night with the Ottawa Redblacks.

Banks was suspended for two games Wednesday for violating the CFL's drug policy. According to the league, Banks tested positive for methylenedioxymphetamine, a psychedelic hallucinogenic drug also known as MDA.

THE CANADIAN PRESS

COURT

Rose cleared by jury in rape lawsuit

Jurors cleared NBA star Derrick Rose and two friends Wednesday in a lawsuit that accused them of gang raping his ex-girlfriend when she was incapacitated from drugs or alcohol.

The jury reached the verdict in federal court in Los Angeles after hearing dramatically different accounts of the August 2013 sexual encounter. Rose says he's thankful that

the jury rejected the lawsuit.

He said in a statement that it was important to prove he did not do what he was accused of, even though he had to share private details of his personal life.

"I am thankful that the jury understood and agreed with me," his statement said. "This experience and my sensitivity to it was deep." THE ASSOCIATED PRESS

"It felt like she was playing us. Derrick Rose

RECIPE Tuna Casserole



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love food classics and a tuna casserole tops the list, as it's equal parts easy and comforting.

Ready in 25 minutes

Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients

- 500g package of whole wheat penne or macaroni
- 1 Tbsp olive oil
- 3 cups cremini mushrooms, thinly sliced
- 1 leek, cleaned well and thinly sliced
- 3 Tbsp flour
- 2 cups milk
- 1 Tbsp Dijon mustard
- 1 cup frozen peas
- 1 Tbsp dried thyme
- 3 cans good quality tuna,

drained and rinsed
• 1 1/2 cups Gruyere, grated

Directions

1. Cook pasta 2 minutes less than package instructions and drain.

2. In a large pan with olive oil, sauté mushroom and leeks until they begin to soften, about 5 minutes. Sprinkle flour over mushrooms and leeks, stir and cook for 1 minute. Whisk in milk and allow to thicken, 3 to 5 minutes. Stir in mustard and season with salt and pepper after tasting. Add the tuna, frozen peas and thyme.

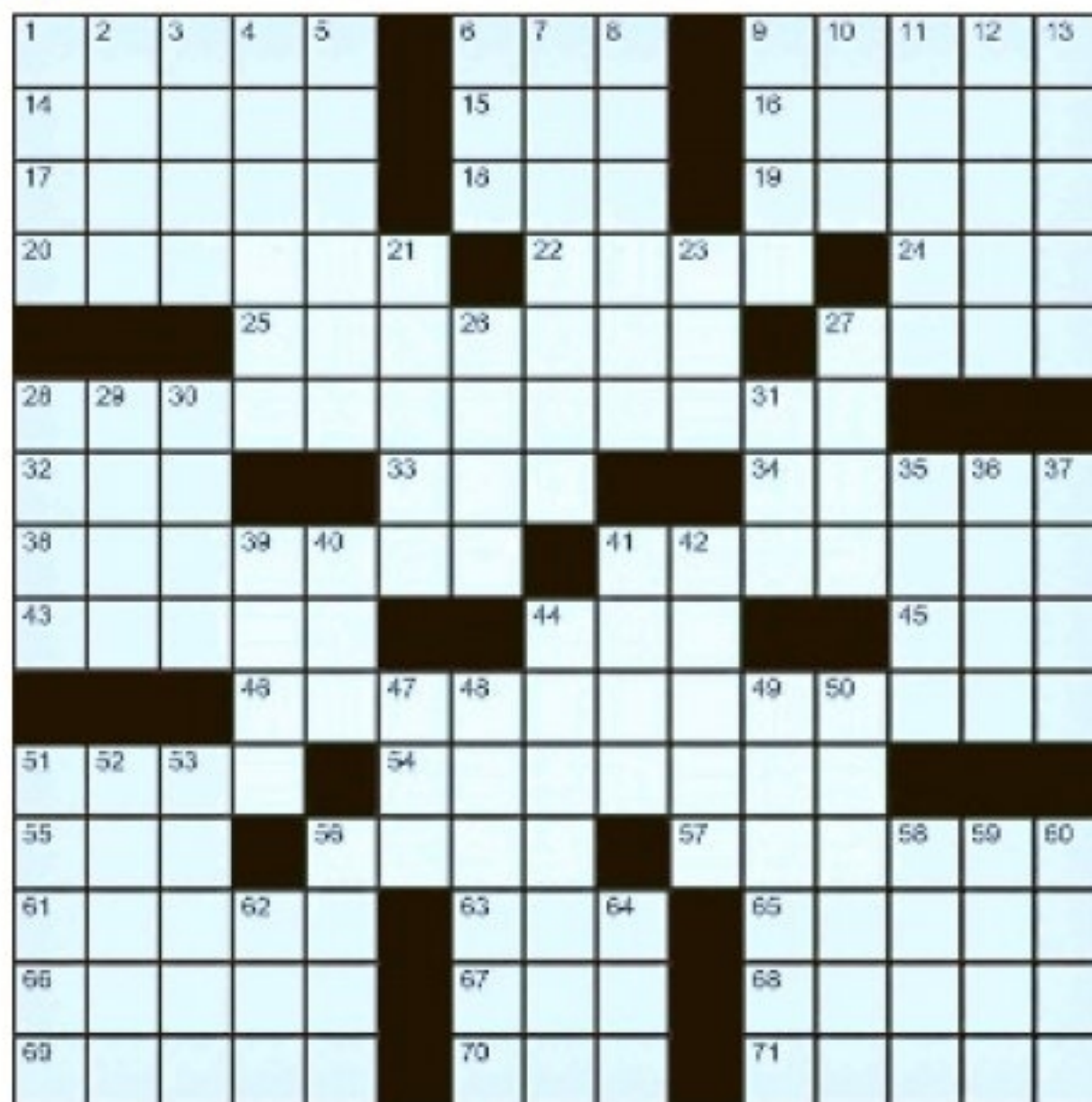
3. Add cooked pasta to the tuna mixture, stir and turn off heat.

4. Pour the mixture into a casserole. Sprinkle cheese over top and pop into the oven and broil for 3 to 5 minutes or until the cheese bubbles and turns brown.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Symbolic pole
6. Stealing bird
9. Jumbo
14. Windy City airport
15. Tavern stock
16. Arm joint
17. Greased
18. Prior
19. Unaccompanied
20. Chekov's portrayer on "Star Trek", Walter
22. Ended
24. 1960s singer Bobby
25. NOAA... US agcy. that tracks hurricanes, National
27. Taken back [abbr.]
28. Hit by 2016 CMT Artist of a Lifetime honouree Shania Twain that goes: "He can have a '55 Chevy / Or a fancy little pick-up truck...": 4 wds.
32. Bird of Minerva
33. Circular mug part
34. Greek mythology shield
38. Invalidated
41. Box-opening woman of ancient Greek myth
43. Jack-in-the-deck
44. Heel
45. Impede, down
46. Shania Twain hit that goes "And I can be late for a date that's fine...": 4 wds.
51. "Piano Man" Billy
54. Tony Orlando's for-

est favourite: 2 wds.
55. &
56. Lodging of lore
57. Not wide
61. Violinist Mr. Stern
63. Ms. Thurman
65. Gradient
66. Release: 2 wds.
67. ' _ _ for Alberta

68. Breakfast cereal brand
69. Jan _ (Dutch painter)
70. Caesar's 61
71. Hold off

DOWN

1. Selected

2. Toledo's locale
3. Narrative
4. Prior to this time, poetically
5. Renaissance family of influence
6. Chip
7. RCMP, for one
8. Beetle sort
9. Equipment

10. _ -defined
11. Overhead
12. Musical group of nine
13. Fall fashions fabric
21. Style of song
23. Green
26. In the thick of
27. Marsh plant

28. Part of NYC
29. Luke's actor brother
30. Sea lettuce
31. Vehicle variety
35. Mongolian desert
36. Atomic Number 26
37. _ advice
39. Shape of Rachael Ray's pot she uses to cook spaghetti noodles
40. Barbie and _
41. Out-of-breath runner's reaction
42. Decorate
44. Betty Crocker product: 2 wds.
47. Poetically far
48. User's reference
49. Banquets
50. Bordeaux grape/wine
51. Law enforcement lock ups
52. Beginning
53. _ _ (Online appointment, say)
56. Computer symbol
58. Movies composer Nino
59. October birthstone
60. Healthy
62. Time period
64. " _ _ recall..."

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do everything you can to avoid family arguments today, because they will be aggressive and nasty. Forewarned is forearmed..

Taurus April 21 - May 21
People are argumentative today. However, it mostly will be a battle of egos. You don't need to get involved in this. Save your breath and your peace of mind.

Gemini May 22 - June 21
Disputes about money or possessions might arise today. This is a poor day to engage in these discussions, because there will be a lot of conflict and nothing will be resolved.

Cancer June 22 - July 23
Avoid bullies today. This is the kind of day where someone wants to throw his or her weight around. Be particularly patient with partners and close friends.

Leo July 24 - Aug. 23
Someone behind the scenes might be working against your best interests today. If you think something fishy is going on — it is! Watch your step.

Virgo Aug. 24 - Sept. 23
You might have an argument with a friend today, especially a female friend. Or you might have a disagreement with anyone. Try to postpone these discussions for another day.

Libra Sept. 24 - Oct. 23
Quarrels with authority figures — bosses, parents, teachers, VIPs and the police — will not be pleasant today. Knowing this ahead of time, you can skirt this. Give your boss a wide berth.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will turn nasty. You don't need this. Take the high road and ignore these conversations.

Sagittarius Nov. 23 - Dec. 21
Don't be tempted to debate about shared property, inheritances, taxes and debt today. This is a poor day for arguments because people just want to fight. Yikes!

Capricorn Dec. 22 - Jan. 20
Today the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. The minute trouble starts, be ready to compromise.

Aquarius Jan. 21 - Feb. 19
Relations with co-workers will be testy today. Don't make an issue about anything. Sometimes you have to lose a battle to win the war.

Pisces Feb. 20 - March 20
Parents must be patient with kids today. Hissy fits and meltdowns are par for the course. Everyone has frayed tempers today. Easy does it. Demonstrate grace under pressure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	6	9	4	1	5	3	8	7
1	5	3	2	8	7	9	6	4
8	7	4	6	9	3	1	5	2
7	4	1	8	3	6	5	2	9
5	9	8	1	7	2	4	3	6
3	2	6	5	4	9	7	1	8
4	3	2	9	5	8	6	7	1
9	8	5	7	6	1	2	4	3
6	1	7	3	2	4	8	9	5



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